

Youth Self-Determination Series with Stacie Rulison

Four Mondays

November 14, 2022

November 21, 2022

November 28, 2022

December 5, 2022

6:30pm-7:30pm

Participants are asked to commit to attending all 4 sessions.



This four-week online course will expand the definition and activities for achieving greater self-determination. The course includes interactive content, in and out of class assignments, and discussions about resources and tools for increasing self-determination.

Areas to be covered include:

- Choice and decision making
- Problem solving
- Setting and reaching goals
- Internal focus of control (looking at who controls your future)
- Self-awareness, regulation, efficacy, and advocacy.

Who should attend? Students and young adults ages 14 and up who have an active Individualized Education Program (IEP). This course is intended for student interaction. Please come ready to share. Parents are encouraged to support as needed.

Register at <https://tinyurl.com/3dek3ryz>

Space is limited. Registration closes November 3, 2022 or when the course is full. After registration closes, Michigan Alliance for Families will contact you to confirm your participation.

Questions? info@michiganallianceforfamilies.org

